



# The Spiral Path...

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## A Helping Hand

In the first half of the fourth race, sciences, arts, literature and philosophy were born, eclipsed in one nation, reborn in another. Civilization and intellectual development whirling in septenary cycles as the rest; while it is but in the latter half that the spiritual Ego will begin its real struggle with body and mind to manifest its transcendental powers. Who will help in the forthcoming gigantic struggle? Who? Happy the man who helps a helping hand.

Mahatma K.H.

*The Mahatma Letters to A. P. Sinnett* – Letter 14

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## Vision of the Future

We have within ourselves the capacity to project thoughts into the world. We are the ones who choose what thoughts we will proffer and send out from our consciousness. They can be of any wavelength – from sad, morose, or evil – to kindly, joyful, and loving. We get to choose. We have the ability to temper our thoughts for weal or woe.

Hopefully we always chose the higher road, though steeper and more difficult to traverse. That road, that path, leads us to a place of stillness and silence – the heart of the universe. (Which is also the heart of our Selves.)

We do the best we can. It is not always easy, especially in the face of adversity and in the dark age we now live. Think of the challenges those before us have had, whether it was to promulgate a ‘forbidden’ philosophy, propose a new version of scientific theory, or *simply* to close the gapping chasm existing in the world between those extreme religious and materialistic attitudes which had a hold on humanity in the late nineteenth century. Challenges are nothing new to us.

Our work is to meet these challenges of daily life knowing that we are on a path to rise above our current hardships. All the while helping others who struggle to cope with those same trials. Our focus is a sublime vision of the future.

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Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness. This is the judgment. Life’s most persistent and urgent question is, “What are you doing for others?”

Martin Luther King, Jr.



## Kali Yuga

Marjorie Tyberg

The world picture is so blurred and so bloody, waiting hearts are so heavy with grief or so strained by suspense, that it is only by an effort of will that many people can vision a future that human beings can endure to contemplate. It is not only our own sorrows that afflict us. Always there have been some of our fellow men who were suffering almost unbelievably from war or famine or other disaster, but distance and unfamiliarity obscured the full horror of such conditions. Now, distance has vanished, we know everything almost as soon as it has happened anywhere on earth. No longer is any horror unbelievable. We know now what it means to live in the Kali-yuga, the age when destructive agencies are rampant, when what it has taken centuries to build is being ruthlessly torn down, when human lives are blotted out by thousands overnight, when cruelty and inhumanity shock us into a dull wonder as to the fate of the human race. What can we make of all this?

*The Theosophical Forum*, April 1944

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# THE VOICE OF THE SOUL

(Excerpt)

Katherine Tingley

## THE SOUL IS THE REAL MAN

How little is said or taught about the soul-life and its complete identification with the human being! To most men the soul is something apart from themselves that is only to be talked of and trusted in on special occasions: there is no real companionship, no intimate affiliation, between men's minds and souls in their everyday existence. Now there is in every man a divine power, and when that divinity, which is his real Self, is acknowledged and understood by the mind, it takes a very active part in man's life — indeed, it should fill at the very least one half of his thought-life.

When we have this full view of the identity of man with the soul clearly in mind, then we move outside the ordinary way of thinking and find ourselves on a new path, daring to think towards the unknowable, the seeming impossible. In doing this, we bring into action the soul.

## A CHILD'S SPIRITUAL HERITAGE

The soul of man is seeking to utter itself from the time of its physical incarnation. It knows its birthrights, it knows more than is apparent. But it is thrust into the world under very adverse circumstances, and the child is fed, cared for, loved, and nurtured as a physical being and as little more, with the vague possibility of having a future life somewhere or somehow. But we are sacredly and divinely made and built for this life, and only by understanding the lives of our children, approaching and reaching them from the standpoint of spiritual knowledge, can the soul speak.

Some people may say: all this is too abstruse, it is too far away, and we have no way of proving it. Well, men and women do not even understand themselves and are mysteries to themselves. When a child is born, can the father and mother explain the profound mysteries of how that soul came into physical incarnation — of the processes that took place when from a seed the child stepped out into our universe, radiant in its spiritual potentialities although not visible to the human eye — and became a part of the human family? If we know so little about the creation of physical life, how can we expect parents to have the information needed for them to do full justice to their child in the spiritual sense?

## IMAGINATION, A DIVINE ATTRIBUTE OF THE SOUL

Our great scientific thinkers accomplish wonders in very many ways, but unless they dare to face the unknown, unless they have imagination that stretches out beyond time and space almost, unless they recognize the higher imagination as a spiritual and divine attribute of the soul instead of a faculty useful only for the play of fancy, to entertain or to give pleasure, they will never hear the Voice of the Soul. Let us reach basic truths. We must study causes; we do not study them enough. The usual way is to study effects.

We are ignoring the soul, we are turning our backs to the light, we are afraid to step out and venture in thought, in action, in will power and determination, into the unknown, and with imagination to visualize the dignity of the soul of man.

Let us seek to awaken in our growing children a consciousness of the nearness of this affectionate, indescribable something which I have called the soul. Teach them that they are not thrown out into this world alone, that they are not ignored, but that they are enveloped in the soul-life and possess the inner wisdom with which they were born. Then with the environment that our children can have through the intelligence of the parents, and with the noble examples that should be set by every man and woman on the face of the earth, the voice of the soul would be heard and recognized.

The closer we come to the beauties and realities of nature, the more quickly shall we begin to feel the power of the soul-life. But alas, there are so many distractions and allurements in the world. Then, too, there is the bread-and-butter question that has to be solved. There are poverty and suffering and vice and crime that must be faced, and these things are not lessening, they are increasing.

## THE CHALLENGE OF THE SOUL

What is necessary is that we should all challenge ourselves with the questions, Who am I? Why am I here? The closer we come to the beauties and realities of Nature, the more quickly shall we begin to feel the power of the soul-life. But there are so many distractions and allurements in the world, and poverty and suffering and vice and crime that must be faced, day by day.

We must dare to do something more than we ever did before, we must dare to step up higher, to climb. We must dare to do it alone, without public heralding or recognition but just within the silence of our own soul, of our own conscience. This superb opportunity is at hand for all. Yet we go on day after day drifting and drifting, until we have drifted beyond all likelihood of recovering our anchorage in this lifetime. Then, what regrets and tears and despair!

## THE COURAGE AND JOY OF THE SOUL

There comes the question: Why has not somebody done something? It is because nearly everybody is waiting for everybody else. In spiritual efforts we do not need to wait for unity. Let every man and every woman act for himself or herself according to the individual evolution and enlightenment. One must have the disposition and the daring to act alone, indifferent to results so far as they affect himself or herself, so long as the motive is pure. When we reach this state of mind, we shall see new cheer in the world, new evidences of purity in the lives of men and women, and consequently more purity and more joy in the children of the masses. This is the way to reach our children and to enable them to hear the Voice of the Soul — of that divine part of us that is our real Self. We could not exist without it.

On the other hand, there is the picture before me of how this innate divinity is ignored, how it is thrown aside, and how it takes nearly a lifetime for people even of the highest intelligence striving to do their best in order to gain knowledge, to reach the first fundamental idea of their own soul-life. It is true that we have opportunities for wonderful scholastic education; our country as a whole has plenty of wealth, great territory, and an overabundance of public laudation of our outer material progress and prosperity. But the inner life — that silent power that speaks to us as the Voice of the Soul — is very largely ignored.

No one of us can find the meaning of real affection, of spiritual love, unless we find it alone. I am referring to that deeper love, that spiritual companionship of the soul that is ours at our best and

highest moments. The Voice of the Soul whispers to us in the silences. The brain-mind does not fully comprehend it, and consequently the pleadings of the Voice of the Soul are not always heeded.

To me one of the most beautiful experiences in life is to retire into the inner sanctuary of one's own being, away from all the rush and so-called allurements of the outer life, and in the silence to listen to the Voice of the Soul, to hear its pleadings, to know its power, to clasp hands with the spiritual soul, the higher Self — to work with it and walk with it and live with it. A man must do this before he can be absolutely sure of anything.

## THEOSOPHY THE KEY

Theosophy is filled with the glowing fires of helpfulness. There is no question that there are many beautiful ideas in all religions, and among their adherents are very special people, who make most praiseworthy efforts. And there is a key that would give them the wider knowledge and the deeper wisdom. Many have lost sight of the inner spirit. If I go to school, I am entitled to a full educational equipment, provided I reach out for it; but I must get it by application and conscientious work. So it is with the wider schooling of each earth-life. I must get it by devotion, by understanding the fundamental principles and ideas upon which I hope to live, and by a harmonious relationship with my fellow men and my environment. Then I may know something about the Voice of the Soul.

## REDEMPTION AND THE VOICE OF THE SOUL

I was talking with a lady a few days ago and she asked me, "How can the soul be redeemed?" I told her that I had never given any thought to such a question, for the reason that the spiritual soul itself is so potent that it will redeem mankind if people will only hearken to its voice. We do not have to fashion any special form or way of bringing people to redemption. Just give them the opportunity to be themselves — their real selves, their higher selves. Do not try to dictate to them, do not drive them, but challenge them! Cowards are they who do not make the effort to liberate their souls from the bondage in which selfishness and weakness hold them. It is the inner laws that are the realities, and because humanity does not know about them nor understand them, it has been fighting the realities.

Enlarge your vision! Dare to climb, dare to go forward, dare to think for yourselves and to look ahead! Question! Put yourselves in order! When you do this, revelations will come to you — not in any magical way with visions or messages from 'on high', nor anything of that sort. Let me illustrate by the growth of children: if one sees them from day to day one is hardly aware that they are growing, yet to those who see them only at long intervals their growth is very evident.

The fact is that the divine forces and processes which bring a child from a seed so small that a hundred of them can be placed on a one-inch strand of a spider's web, into babyhood, and from babyhood through childhood to manhood or womanhood — these processes, so delicate, so infinitely and spiritually refined, are taken care of by the laws of life which are only partially understood even by our most learned scientists. Still less can the process of man's spiritual growth and unfoldment be understood without some knowledge of the ancient wisdom, theosophy.

## THE NATURAL PATH TO WISDOM

Real inner knowledge comes from the courageous stepping out of ordinary ruts into the great broad blue of life, and from looking at Nature as it is — courageously. Study the trees and the flowers, the ocean and the wonders of the life around you. Notice the growth of a tree. During the springtime it will put forth green leaves, then its exquisite blossoms, and in the summertime it will bear its fruit. After a while it is bereft of leaves, blossoms, and fruit — of everything that was beautiful and attractive. It appears dead, but the inner life is continuing all through the season of quiet and rest. The processes of inner growth are taking place. How wonderful in the springtime, when the tree bursts forth into beautiful foliage again — who can question that preparation was going on all during the sleeping-season?

So it is with the flowers that cover our fields, fill our homes, and beautify everything. In them we can see the wonderful working of the Divine Law. We must feel it and know it and find our lessons in it, not simply admire the outward beauty. But you cannot feel it by study alone. You can get a touch of it only by daring to step forth and to think thoughts quite apart, if necessary, from anybody else's. Then you will be really climbing in the spiritual sense.

Seek the companionship of the Silence, for the Silence is the most precious companion in the world. Someday expectant mothers will go forth into their retreats, as they used to do in ancient times, living the most abstemious and beautiful life in touch with Nature; not tied down with family difficulties and cares, cross purposes and poverty, etc., but filling their souls with the music and the joy of Nature — calling out the Voice of the Soul. When that time arrives then we may honestly talk of a new and far better generation. That will be the answer to the woman who asked what were the processes by which we could redeem the soul. It is the soul that will redeem humanity. There are as many processes as there are human beings — each must work out his own salvation according to his environment and his enlightenment.

In the deepest spiritual sense we are all united, though not on the outward plane. But because we have differed so much and so long, and have moved so far away from the great principles of life, we have lost the secret of living together in outer harmony. Yet in the inner life we are still working together in unity, in harmony with the divine laws, understanding them and obeying them in the dignity of true manhood and womanhood.

Let us teach our children the better way. Let them hear every day in their own home the Voice of the Soul. Those adults who are single and have no homes can make a home for themselves in their own hearts, in their memories, and the divine power of the soul can enlighten them and impress the mind with better things. If the mind is filled with high incentives, beautiful principles, royal, splendid, and uplifting efforts, the Voice of the Soul speaks and the evil and weaknesses born of the undeveloped and selfish side of our human nature cannot come in, so they will die out.

The Voice of the Soul is the voice of the universe, in all its wonderful manifestations. How remarkably and clearly and divinely it speaks to us through all the days and nights of our lives — and yet, to a very large degree, we heed it not. The voice of the soul is also the divine quality in every human heart, and it is this aspect of my subject that I refer to more especially.

## From the Editor

The world is in quite a state right now. We see abounding all around us confusion, deception, bald face lies, exclusion, and perhaps most of all, or underlying all – selfishness. What are we to think? What are we to do? What can we do to alleviate all these things and to replace them with something approaching the Truth, or a vision of the future that is higher than the one we are now living?

Imaginably by living each day with our thoughts pointed towards the higher truths of life, we can set our sights on that sublime goal which is beyond words and slowly move toward it, thereby subtly influencing those around us to do the same. Fighting evil does not eliminate it, but supplanting evil thoughts with good ones helps eliminate the foothold from which evil launches.

We must live our best lives. Accentuate the positive. Radiate love. We might have heard all these ‘catch-phrases’ before, and perhaps they persist for a reason. Perhaps we should heed them, and make selfless acceptance and unconditional love an integral part of our lives.

Best Regards,

Scott Osterhage

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## Accepting Ourselves

Ingrid Van Mater

Not long ago a group of us were having a discussion when a young man from Jamaica asked, “How can man elevate himself?” He said, “We look around us and also we study man’s record in past ages, and all through we see wars, murders, and cruelty. It seems that man is doomed to destroy himself, to become victimized by life’s dark and selfish forces. When do we hear of positive values?” He went on to lament his background and the fierce competition he had encountered in school. “But,” he reflected, “one day I asked a friend how he managed to be so peaceful and calm, and he said, ‘because I have learned to accept me.’ This set me on a new train of thought and I began to reconsider many things.”

Accepting ourselves, the wholeness of our being, and trying continually to discover the realness within, without worrying about being like someone else, or worse yet, trying to outdo someone else, is a good starting point. It is clear that competitiveness has gone beyond all reasonable healthy limits. In striving to get ahead, many are content to trample on other people to reach their goal. Such an attitude divests man of his innate dignity, and negates the moral and ethical principles belonging to the human estate.

“As a man thinketh in his heart, so is he.” We are what we think. We are also what we think we are. And therefore we can be what we know we are, deep within ourselves, for within us is all the wisdom of the universe. We cannot convince another, but it is worth every effort to try to persuade ourselves that life is positive and hopeful to the degree that we make it so. Whatever we may think, and however we may mentally try to deny or ignore the fact, we are primarily on a search to find and ultimately to become the nobility that we are in our highest aspect, and to understand and follow the path to our inner sun. The marvel of this search is that each one is his own pathway while endeavoring to fulfill the spiritual destiny common to all. Have you ever observed the path of sunlight on the ocean as the sun begins to set? It suggests this paradoxical truth: as you walk along the beach you discover that the path is directed towards you and follows you as you walk. Yet all see the same golden path from wherever they are.

What a strengthening thought it is that the sunlight of truth is within us and that at any moment we can invite the force of divinity into our lives and so ennoble our thoughts and actions. As we learn from numerous examples of inner human triumph, no burden is too great if we can maintain the right attitude, and this is, of course, where we fail many times. The impingements and demands of society often make us feel like an ant about to be crushed, but, as someone rightly said, “What’s wrong with being like an ant? An ant is capable of carrying a burden many times its size.” Each of us has a greatness within that far surpasses anything that happens to or around us, and an indomitable spirit that no one can destroy.

Quite unexpectedly incidents happen along the road of life that reinforce one’s faith in the goodness of humanity. Some time ago a television commentator named compassion, integrity, humility, and unselfishness as the qualities of true greatness. His words were arresting in their simplicity and optimism. He told of a blind cabinet maker who, through the feeling in his hands, turns out beautiful work, comparable to the finest. This takes perseverance, optimism, and the right attitude in himself. The commentator closed with the thought that greatness has little or nothing to do with rising to the top; there are bad people who are in the limelight and great ones — great by reason of what they are within themselves — whom the world may never know. These quiet ones, with their inner nobility and steadfastness, are the real heroes.

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## Let the Silence within Speak...

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